Amendments to the Claims:

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Original) An information-recording method for recording information on an information-recording medium by radiating a light beam power-modulated to be at a recording power level and an erasing power level, the information-recording method comprising:

overwriting a random pattern on the information-recording medium with light beams having a predetermined recording power and a variety of erasing powers;

reproducing the overwritten random pattern to determine a minimum value Pb1 and a maximum value Pb2 of the erasing power obtained when the pattern, in which a reproduction jitter or a reproduction error exceeds a predetermined threshold value, is erased;

determining an optimum erasing power Pb for performing the recording from the determined minimum value Pb1, the determined maximum value Pb2, and a relational expression represented by $Pb = \alpha \times Pb1 + (1 - \alpha) \times Pb2$; and

recording the information with the determined optimum erasing power Pb.

2. (Original) The information-recording method according to claim 1, further comprising determining an optimum recording power Pp by using the determined optimum erasing power Pb.

3. (Original) The information-recording method according to claim 1, wherein α differs within a range of $\alpha \leq 0.50$ depending on a recording speed when the information is recorded at different recording speeds.

4. (Original) The information-recording method according to claim 1, wherein a value of α is previously recorded on the information-recording medium, and the value of α is read from the information-recording medium when the information is recorded.

5. (Original) The information-recording method according to claim 2, wherein $Pr < Pb1 < Pb$ and $Pb < Pb2 < Pp$ are satisfied provided that a reproducing power is Pr.

6. (Original) An information-recording medium for recording and reproducing information thereon, the information-recording medium comprising:

an information-recording portion on which the information is recorded by being irradiated with a light beam having a recording power Pp and an erasing power Pb lower than the recording power Pp and on which the information is reproduced by being irradiated with a light beam having a reproducing power Pr lower than the erasing power Pb; and

a control data portion, wherein:

information for determining an optimum erasing power Pb from a minimum erasing power Pb1 which satisfies $Pr < Pb1 < Pb$ and a maximum erasing power Pb2 which satisfies $Pb < Pb2 < Pp$ is previously recorded on the control data portion.

7. (Original) The information-recording medium according to claim 6, wherein the information for determining the optimum erasing power Pb from Pb1 and Pb2 is recorded together with information which relates to a recording speed.

8. - 10. (Cancelled)

11. (Original) The information-recording medium according to claim 6, wherein a linear velocity, which is used when the information-recording medium is moved relative to the light beam for recording the information, is not less than 9 m/sec.

12. (Cancelled)